

# Green Beans

NO IMAGE

<b>Servings:</b>	432.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9560
<b>School:</b>	Prairie Heights Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	18 #10 CAN		100307
Tap Water for Recipes	1 Quart		000001WTR
BASE BEEF RSTD NO ADDED MSG	1 Pound	Prepare as directed.	110611

## Preparation Instructions

1. Divide the green beans among 4 pans.
2. Mix together the water and beef base.
3. Divide the mixture evenly among the pans.
4. Toss to coat the beans.
5. Bake at 350 degrees for 2 hours or until the internal temperature reaches 135 degrees.
6. Store covered in the hot boxes.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.539
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 432.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	29.56
<b>Fat</b>	0.17g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	288.90mg
<b>Carbohydrates</b>	4.49g
<b>Fiber</b>	2.16g
<b>Total Sugar</b>	2.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.25g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.22mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	2815.70
<b>Fat</b>	16.64g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	27514.62mg
<b>Carbohydrates</b>	427.22g
<b>Fiber</b>	205.29g
<b>Total Sugar</b>	205.29g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	119.28g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.47mg	<b>Iron</b> 0.00mg